For Secondary Stage

D.M.RAZK موقع الدكتور محمد رزق معلم الكيمياء التعليمي

Writing(lesson 1)

فيما يلي جميع المصطلحات والعبارات وطرق الكتابة الأكاديمية التي وردت في صور الدرس، يستخدمه الطلاب أثناء أنشطة الكتابة والتحليل.

1. Neutral Language

Language that is balanced, objective, and free from bias. It presents information fairly without pushing the reader toward one opinion.

اللغة المحايدة: لغة متوازنة وموضوعية وخالية من التحيز، تعرض المعلومة بإنصاف دون دفع القارئ نحو رأي معين.

Example: "Some studies suggest that regular exercise may play a role in maintaining health" (instead of "Everyone knows exercise is essential").

مثال: "تشير بعض الدراسات إلى أن ممارسة الرياضة بانتظام قد تلعب دورًا في الحفاظ على الصحة" بدلاً من "يعرف الجميع أن الرياضة ضرورية".

2. Biased Language

Words that show a strong opinion and are not fair or neutral. Biased sentences often overstate a claim as if it were an undisputed fact.

اللغة المتحيزة: كلمات تعبر عن رأي قوي وغير عادلة أو محايدة. الجمل المتحيزة غالبًا تبالغ في تأكيد ادعاء كما لو كان حقيقة لا جدال فيها.

Example: "Social media destroys teenagers' confidence" is biased because it presents an opinion as an absolute, proven fact.

مثال: جملة "وسائل التواصل تدمر ثقة المراهقين" متحيزة لأنها تقدم رأيًا كحقيقة مطلقة ومثبتة.

3. Hedging Language / Hedging Words

Words and phrases that show uncertainty or caution about how strong a claim is, instead of stating it as a certain fact. Common hedging words: may, might, could, some research suggests, it is possible that, tends to.

لغة التلطيف / كلمات التلطيف: كلمات وعبارات تُظهر عدم اليقين أو الحذر بشأن مدى قوة الادعاء، بدلاً من تقديمه كحقيقة مؤكدة. من أشهرها: may, might, could, some research suggests, it is possible that, tends to.

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Example: "Excessive social media use may negatively affect certain teenagers' confidence." Hedging is not weakness — it is precision; it shows the writer is being careful and honest about the evidence.

مثال: "الاستخدام المفرط لوسائل التواصل قد يؤثر سلبًا على ثقة بعض المراهقين." التلطيف اللغوي ليس ضعفًا في الكتابة، بل هو دقة، ويُظهر أن الكاتب حذر وأمين مع الأدلة المتاحة.

4. Absolute Words

Words that allow no exceptions and make a claim sound powerful and certain, even when it is not carefully proven. Common absolute words: always, never, everyone, no one, completely, no excuses.

الكلمات المطلقة (القطعية): كلمات لا تترك مجالًا للاستثناء وتجعل الادعاء يبدو قويًا ومؤكدًا، حتى لو لم يكن مثبتًا بعناية. من أشهرها: always, never, everyone, no one, completely, no excuses.

Example: "There are NO excuses. Health is a choice, always." This sounds confident but ignores real exceptions (e.g., illness, poverty, disability).

مثال: "لا توجد أعذار. الصحة دائمًا اختيار." تبدو الجملة واثقة لكنها تتجاهل استثناءات حقيقية (كالمرض أو الفقر أو الإعاقة).

5. Evaluative Adjective

An adjective that expresses a personal judgment or opinion rather than a neutral, provable fact.

الصفة التقييمية: صفة تعبر عن حكم أو رأي شخصي وليس عن حقيقة محايدة يمكن إثباتها.

Examples: "amazing," "toxic," "unrealistic." Calling a smoothie "amazing" is one person's opinion, presented as though it were simply true.

أمثلة: "رائع"، "سام"، "غير واقعي". وصف السموذي بأنه "رائع" هو رأي شخصي يُقدَّم وكأنه حقيقة.

6. Rhetorical Question

A question that does not need or expect an answer. It is used to make the reader think, feel a certain way, or agree — without requiring a written reply.

السؤال البلاغي: سؤال لا يحتاج أو لا يتوقع إجابة. يُستخدم لجعل القارئ يفكر أو يشعر بطريقة معينة أو يوافق دون الحاجة للرد كتابيًا.

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Example: "Do you really want to fall behind everyone else?" This plants an idea gently, sometimes more effectively than a direct statement.

مثال: "هل تريد حقًا أن تتأخر عن الجميع؟" يزرع هذا السؤال فكرة بلطف، وأحيانًا بفعالية أكبر من جملة مباشرة.

7. Intensifiers

Words that make an idea or claim sound stronger or more dramatic than it really is. Common intensifiers: very, extremely, totally, completely, significantly.

المُكثِّفات: كلمات تجعل الفكرة أو الادعاء يبدو أقوى أو أكثر دراماتيكية مما هو عليه فعلاً. من أشهرها: very, extremely, totally, completely, significantly.

Example: "This app will completely transform your life" sounds far more urgent than the more modest "this app may help you exercise more regularly."

مثال: "هذا التطبيق سيغيّر حياتك بالكامل" تبدو أكثر إلحاحًا بكثير من الجملة المتواضعة "قد يساعدك هذا التطبيق على ممارسة الرياضة بانتظام أكثر."

8. Persuasive Language / Persuasive Writing

Writing that is designed to convince the reader to think, feel, or act in a certain way, often using techniques such as rhetorical questions, intensifiers, absolute words, and evaluative adjectives together.

اللغة الإقناعية / الكتابة الإقناعية: كتابة مصممة لإقناع القارئ بالتفكير أو الشعور أو التصرف بطريقة معينة، وغالبًا ما تجمع بين الأسئلة البلاغية والمُكثِّفات والكلمات المطلقة والصفات التقييمية معًا.

Example: An advertisement combining all four techniques feels urgent and convincing, but stripped of these techniques, the same claim often looks far weaker.

مثال: الإعلان الذي يجمع هذه التقنيات الأربع يبدو مُلحًا ومقنعًا، لكن بعد إزالة هذه التقنيات، يبدو نفس الادعاء أضعف بكثير.

9. Claim

A statement presented as true, which may or may not be supported by real evidence. In academic writing, a claim should always be checked against evidence before it is trusted.

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الادعاء: عبارة تُقدَّم على أنها صحيحة، وقد تكون مدعومة بدليل حقيقي أو لا. في الكتابة الأكاديمية، يجب دائمًا التحقق من الادعاء بمقارنته بالأدلة قبل تصديقه.

Example: "Social media destroys confidence" is a claim; it becomes trustworthy only when supported by evidence such as a specific study.

مثال: "وسائل التواصل تدمر الثقة" هو ادعاء؛ يصبح موثوقًا فقط عند دعمه بدليل مثل دراسة محددة.

10. Evidence

A specific fact, example, statistic, or reference from a reliable source that supports a claim. A strong academic sentence pairs a claim with clear evidence.

الدليل: حقيقة أو مثال أو إحصائية أو مرجع محدد من مصدر موثوق يدعم الادعاء. الجملة الأكاديمية القوية تجمع بين الادعاء ودليل واضح.

Example: "Some research suggests social media may affect self-esteem (JAMA Psychiatry study)" — the study is the evidence supporting the hedged claim.

مثال: "تشير بعض الأبحاث إلى أن وسائل التواصل قد تؤثر على تقدير الذات (دراسة JAMA Psychiatry)"— الدراسة هنا هي الدليل الداعم للادعاء المُلطَّف.

11. JRE Framework (Justify – Reason – Evidence)

A simple structure for building a strong academic argument: (1) Justify — state a clear claim/opinion; (2) Reason — explain why you believe it; (3) Evidence — support it with a specific fact or example from a reliable source.

إطار JRE (رأي – سبب – دليل): بنية بسيطة لصياغة حجة أكاديمية قوية: (1) الرأي — ذكر ادعاء أو رأي واضح؛ (2) السبب — شرح سبب هذا الاعتقاد؛ (3) الدليل — دعمه بحقيقة أو مثال محدد من مصدر موثوق.

Example: "Exercise may improve teenagers' mood (Justify), because physical activity releases endorphins (Reason), and a WHO-led study found regular exercisers report better concentration (Evidence)."

مثال: "قد تحسّن الرياضة مزاج المراهقين (الرأي)، لأن النشاط البدني يفرز الإندورفين (السبب)، وقد وجدت دراسة قادتها منظمة الصحة العالمية أن من يمارسون الرياضة بانتظام يبلغون عن تركيز أفضل (الدليل).

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12. Reflective Writing

Writing that looks back on one's own learning, feelings, or experience, often answering questions like: What did I learn? What am I confident in? What do I still need to practice?

الكتابة التأملية: كتابة تنظر إلى تجربة الشخص أو تعلمه أو مشاعره، وغالبًا ما تجيب عن أسئلة مثل: ماذا تعلمت؟ في أي مهارة أنا واثق؟ وما الذي ما زلت بحاجة للتدرب عليه؟

Example: A self-reflection table asking "Which skill do you feel most confident in?" and "Which skill do you need more practice with?" is a form of reflective writing.

مثال: جدول التأمل الذاتي الذي يسأل "في أي مهارة تشعر بثقة أكبر؟" و"في أي مهارة تحتاج لمزيد من التدريب؟" هو أحد أشكال الكتابة التأملية.

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Unit 1

Lesson 1 : Well-being & Media Vocabulary

English Word	English Definition	المعنى بالعربية
Well-being	The state of being comfortable, healthy, and happy.	رفاهية / صحة عامة
Balance	An even distribution of time or energy across different aspects of life.	توازن
Responsible habits	Good behaviors and routines that show accountability and care for oneself.	عادات مسؤولة
Social connection	The experience of feeling close, valued, and connected to other people.	تواصل اجتماعي
Physical well-being	The condition of having a healthy and functioning body.	صحة بدنية
Coping positively	Managing stress and difficult situations in a healthy and constructive way.	التعامل بإيجابية (مع الضغوط)
Self-image	The mental picture or idea one has of one's own appearance and abilities.	صورة الذات
Self-esteem	A person's overall sense of self-worth and personal value.	تقدير الذات
Unrealistic expectations	Hopes or beliefs about what should happen that are not practical or likely to be achieved.	توقعات غير واقعية
Bias	Showing an unfair preference for or against something or someone.	تحيز
Identify	To recognize and correctly name someone or something.	يتعرف على / يحدد
Evaluate	To carefully judge the value, quality, or importance of something.	يُقيّم
Analyze	To examine something in detail in order to understand and interpret it.	يُحلل
Curated stages	Carefully selected and organized platforms, especially used to refer to social media profiles.	مسارح (منصات) منسقة بعناية
Social comparison	The process of evaluating oneself by comparing one's own life to others.	مقارنة اجتماعية
Highlight-reel effect	The phenomenon of only showing the best moments of life while hiding the flaws.	تأثير عرض أفضل اللحظات فقط
Evaluative adjective	An adjective used to express a judgment or	صفة تقييمية

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	opinion about a noun.	
Rhetorical question	A question asked to make a point or create an effect, rather than to get an actual answer.	سؤال بلاغي (لا يحتاج إجابة)
Intensifier	A word (like 'very' or 'extremely') used to make the meaning of another word stronger.	مُقوّي / مُشدد للكلام
Hedging words	Cautious words used to avoid making absolute statements (e.g., 'might', 'could', 'often').	كلمات التحوط (للتخفيف من القطعية)
Absolute words	Words that leave no room for exceptions (e.g., 'always', 'never', 'all').	كلمات مطلقة / قطعية
Media literacy	The ability to critically understand, analyze, and evaluate different forms of media.	الوعي الإعلامي
Persuasive	Able to convince someone to do or believe something through reasoning.	مُقنع
cope with stress	Students need healthy ways to cope with stress.	يتعامل مع التوتر
image-based	Image-based platforms often emphasize appearance.	قائم على الصور
pressure	Online comparison may create pressure to look successful.	ضغط
curated	A curated feed may show only selected moments.	منتقى / مُنتقى بعناية
neutral	A neutral statement avoids unnecessary judgment.	محايد
engagement	Group projects can increase student engagement.	مشاركة / تفاعل
adaptability	Adaptability helps learners respond when plans change.	القدرة على التكيف
cognitive	Creative activities can support cognitive development.	معرفي / ذهني
flexibility	Flexibility helps people adjust to new situations.	المرونة
rehearsal	A short rehearsal can increase confidence before a presentation.	تدريب / بروفة

Vocabulary Quiz

Choose the correct answer (a, b, c, or d) to complete each sentence:

1. The ability to critically read, question, and evaluate messages in social media and advertising is called _____.

a) media literacy **b) self-esteem**

c) bias **d) engagement**

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2. When someone believes their life should always look as perfect as the photos they see online, they are forming _____.

a) social connection **b) unrealistic expectations**

c) hedging words **d) adaptability**

3. Seeing only people's best moments online and assuming their whole life is that good is known as the _____.

a) highlight-reel effect **b) rehearsal**

c) intensifier **d) balance**

4. Choosing to limit screen time and check facts before sharing a post are examples of _____.

a) responsible habits **b) rhetorical questions**

c) curated stages **d) bias**

5. The number of likes, comments, and shares a post receives is a measure of its _____.

a) engagement **b) flexibility**

c) cognitive **d) neutral**

6. To judge how trustworthy or useful a piece of information is, you must _____ it.

a) rehearse **b) evaluate**

c) intensify **d) hedge**

7. A person's overall state of being healthy, happy, and comfortable in life is called their _____.

a) well-being **b) social comparison**

c) absolute words **d) pressure**

8. The word 'extremely' in the sentence 'This app is extremely addictive' is an example of an _____.

a) evaluative adjective **b) intensifier**

c) hedging word **d) absolute word**

9. Photos on social media are often carefully selected and edited before posting, which means they are _____.

a) curated **b) neutral**

c) cognitive **d) persuasive**

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10. The mental picture a person has of their own appearance and abilities is their _____.

a) self-esteem **b) self-image**

c) media literacy **d) engagement**

11. Measuring your own looks, achievements, or life against other people's posts online is called _____.

a) social comparison **b) responsible habits**

c) rehearsal **d) flexibility**

12. Thinking, remembering, and problem-solving are all examples of _____ processes.

a) cognitive **b) image-based**

c) curated **d) persuasive**

13. Feeling close to friends and family, whether online or in person, is an example of _____.

a) social connection **b) bias**

c) unrealistic expectations **d) pressure**

14. 'Isn't it obvious that everyone should use this product?' is an example of a _____, since it isn't really meant to be answered.

a) hedging word **b) rhetorical question**

c) absolute word **d) intensifier**

15. The stress teens may feel to look or act a certain way because of social media is a form of _____.

a) pressure **b) adaptability**

c) engagement **d) balance**

16. An unfair leaning toward one side of an argument, often hidden in advertising, is called _____.

a) bias **b) analysis**

c) rehearsal **d) flexibility**

17. Words like 'always,' 'never,' and 'everyone' that allow no exceptions are known as _____.

a) hedging words **b) evaluative adjectives**

c) absolute words **d) intensifiers**

18. Talking to a friend or going for a walk when stressed, instead of scrolling for hours, is an example of _____.

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a) coping positively
b) social comparison
c) media literacy
d) bias

19. Practicing a presentation several times before delivering it in class is called _____.
a) engagement
b) rehearsal
c) adaptability
d) cognitive

20. Having enough time for schoolwork, friends, sleep, and screen use all together shows good _____.
a) balance
b) pressure
c) bias
d) rehearsal

21. The word 'amazing' in 'This is an amazing deal!' is an example of an _____.
a) intensifier
b) evaluative adjective
c) hedging word
d) absolute word

22. Platforms like Instagram, which rely mainly on photos rather than text, are considered _____ apps.
a) image-based
b) neutral
c) persuasive
d) cognitive

23. How much a person values and respects themselves is their level of _____.
a) self-image
b) self-esteem
c) engagement
d) flexibility

24. The ability to adjust quickly to new situations, such as a sudden schedule change, is called _____.
a) adaptability
b) bias
c) rehearsal
d) pressure

25. The specific moments people choose to share online, carefully arranged to look ideal, are called _____.
a) curated stages
b) social connection
c) responsible habits
d) hedging words

26. Being willing and able to change your plans or thinking when needed shows _____.
a) flexibility
b) engagement
c) bias
d) rehearsal

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27. Eating well, exercising, and getting enough sleep all support a person's _____.

a) physical well-being
b) social comparison
c) media literacy
d) intensifier

28. Phrases like 'it seems' or 'this might' that soften a claim instead of stating it firmly are called _____.

a) absolute words
b) hedging words
c) intensifiers
d) evaluative adjectives

29. An advertisement designed to convince you to buy a product is described as _____.

a) persuasive
b) neutral
c) cognitive
d) curated

30. The first step in fact-checking a claim is to _____ its source.

a) rehearse
b) identify
c) intensify
d) hedge

31. A news report that presents both sides fairly, without favoring either one, is described as _____.

a) neutral
b) persuasive
c) curated
d) biased

32. Using deep breathing or talking to someone you trust are healthy ways to _____.

a) cope with stress
b) evaluate bias
c) rehearse a speech
d) curate a post

33. Breaking an advertisement down into its parts to see how it tries to persuade you is called _____ it.

a) identifying
b) evaluating
c) analyzing
d) rehearsing

Answer Key

1. a 2. b 3. a 4. A 5. a 6. b 7. a 8. B 9. a 10. b 11. a 12. a
13. a 14. b 15. a 16. A 17. c 18. a 19. b 20. a
21. b 22. a 23. b 24. A 25. a 26. a 27. a 28. b
29. a 30. b 31. a 32. A 33. c

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Exercise

Fill in the blanks with the correct word/phrase from the word bank:

Test Model 1

Word Bank:

well-being | balance | responsible habits | social connection | coping positively | self-image | unrealistic expectations | bias | identify | analyze | curated stages | social comparison | evaluative adjective | rhetorical question | media literacy | persuasive

Fill in the blanks with the correct word/phrase from the word bank:

1. Eating healthy food and exercising regularly contribute significantly to a person's overall _____.
2. Students need to strike a healthy _____ between their study schedule and leisure activities.
3. Forming _____ like proper time management early in life leads to long-term academic success.
4. Joining school clubs and participating in sports fosters strong _____ among students.
5. When facing difficult life challenges, focus on _____ rather than feeling overwhelmed.
6. Spending too much time comparing yourself to idealized online photos can damage your _____.
7. Setting _____ for instant success usually leads to disappointment and anxiety.
8. Journalists must remain objective and avoid personal _____ in news reporting.
9. Before solving a complex problem, you must first _____ its root cause.
10. Researchers need to _____ the collected data thoroughly before writing their final conclusion.
11. Social media platforms often act as _____ where people present only carefully selected moments.
12. Engaging in constant _____ with online influencers can hurt your self-confidence.

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13. Words like "disastrous" or "wonderful" function as an _____ expressing personal judgment.
14. The speaker asked a _____ to encourage the audience to think, not to get a direct reply.
15. Developing _____ enables individuals to critically evaluate online news and media sources.
16. The attorney presented a highly _____ argument that convinced the entire jury.

Answer Key (Model 1)

1) well-being	9. identify
2) balance	10. analyze
3) responsible habits	11. curated stages
4) social connection	12. social comparison
5) coping positively	13. evaluative adjective
6) self-image	14. rhetorical question
7) unrealistic expectations	15. media literacy
8) bias	16. persuasive

Test Model 2:

Word Bank:
physical well-being | self-esteem | evaluate | highlight-reel effect | intensifier | hedging words | absolute words | cope with stress | image-based | pressure | curated | neutral | engagement | adaptability | cognitive | flexibility | rehearsal

Fill in the blanks with the correct word/phrase from the word bank:

1. Daily physical exercise and proper nutrition are essential for maintaining your _____.
2. Receiving constructive feedback and achieving personal goals helps to boost a student's _____.
3. Teachers will _____ the students' academic progress at the end of every term.
4. Seeing only the best moments of others online creates the _____, making real life seem dull by comparison.
5. In the sentence "It was extremely cold," the word "extremely" acts as an _____.

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6. Academic writers use _____ like "suggests" or "indicates" to express caution in their claims.
7. Words like "always" and "never" are _____ that leave no room for exceptions.
8. Learning mindfulness techniques helps teenagers _____ during exam season.
9. Instagram is an _____ platform where visual content drives most user interactions.
10. Young adults often feel peer _____ to conform to modern online trends.
11. He shared a carefully _____ collection of photos to project a flawless lifestyle online.
12. News anchors are expected to maintain a _____ tone without showing emotional leanings.
13. Interactive teaching methods in the classroom increase student _____ and participation.
14. Career success in a changing job market requires high _____ and continuous learning.
15. Puzzles and problem-solving exercises enhance children's _____ development.
16. Mental _____ allows individuals to easily switch between different ideas and strategies.
17. Athletes often practice mental _____ to visualize success before a major competition.

Answer Key (Model 2)

1) physical well-being	9. image-based
2) self-esteem	10. pressure
3) evaluate	11. curated
4) highlight-reel effect	12. neutral
5) intensifier	13. engagement
6) hedging words	14. adaptability
7) absolute words	15. cognitive
8) cope with stress	16. flexibility
	17. rehearsal

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Rewrite the following sentences using the word(s) in brackets so that the new sentence has the same meaning as the original one:

Model 1

1. Eating healthy food and sleeping well improve your overall health and happiness. **(well-being)**
2. Students should try to create a healthy harmony between studying and playing. **(balance)**
3. Developing good routines like managing your time leads to academic success. **(responsible habits)**
4. Making good relationships with friends helps reduce feelings of loneliness. **(social connection)**
5. You should focus on managing difficult situations well instead of giving up. **(coping positively)**
6. Comparing yourself to idealized photos online can damage how you perceive yourself. **(self-image)**
7. Setting goals that are impractical usually leads to disappointment and anxiety. **(unrealistic expectations)**
8. A professional news reporter must avoid showing personal prejudice. **(bias)**
9. You must find out what the real problem is before trying to fix it. **(identify)**
10. Researchers need to examine the survey data very carefully. **(analyze)**
11. Social platforms often act as edited scenes where people show only their best moments. **(curated stages)**
12. Measuring yourself against online influencers can lower your self-confidence. **(social comparison)**
13. Using words like "disastrous" shows personal judgment in your writing. **(evaluative adjective)**
14. The speaker asked a thought-provoking question without expecting a direct reply. **(rhetorical question)**
15. Students need media awareness to recognize fake news online. **(media literacy)**
16. The attorney presented a convincing argument that won over the jury. **(persuasive)**

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Answer Key (Model 1)

1. Eating healthy food and sleeping well improve your overall **well-being**.
2. Students should try to strike a healthy **balance** between studying and playing.
3. Developing **responsible habits** like managing your time leads to academic success.
4. Building strong **social connections** with friends helps reduce feelings of loneliness.
5. You should focus on **coping positively** instead of giving up.
6. Comparing yourself to idealized photos online can damage your **self-image**.
7. Setting **unrealistic expectations** usually leads to disappointment and anxiety.
8. A professional news reporter must avoid showing personal **bias**.
9. You must **identify** what the real problem is before trying to fix it.
10. Researchers need to **analyze** the survey data very carefully.
11. Social platforms often act as **curated stages** where people show only their best moments.
12. Engaging in **social comparison** with online influencers can lower your self-confidence.
13. Using an **evaluative adjective** like "disastrous" shows personal judgment in your writing.
14. The speaker asked a **rhetorical question** without expecting a direct reply.
15. Students need **media literacy** to recognize fake news online.
16. The attorney presented a **persuasive** argument that won over the jury.

Model 2

1. Good food and daily exercise help maintain your physical health. **(physical well-being)**
2. Receiving constructive praise from teachers boosts a child's confidence and self-worth. **(self-esteem)**
3. Teachers will assess the effectiveness of the new curriculum at the end of the term. **(evaluate)**
4. Seeing only the best parts of someone’s life online creates a false view of reality. **(highlight-reel effect)**
5. In the phrase "extremely hot," the word "extremely" works as an amplifier. **(intensifier)**

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6. Academic writers use tentative language like "suggests" to avoid overclaiming. **(hedging words)**
7. Words like "always" and "never" leave no room for exceptions. **(absolute words)**
8. Learning mindfulness techniques helps teenagers manage anxiety during exams. **(cope with stress)**
9. Instagram is a platform built mostly around photos and visual content. **(image-based)**
10. Teenagers often feel strong influence from their peers to fit in. **(pressure)**
11. He only posted carefully selected photos to show a perfect lifestyle. **(curated)**
12. Academic essays should maintain an objective tone without taking emotional sides. **(neutral)**
13. Interactive lessons boost active student participation in class. **(engagement)**
14. Employees need a high ability to adjust in a fast-changing workplace. **(adaptability)**
15. Brain games and puzzles stimulate children's intellectual development. **(cognitive)**
16. Mental adaptability allows students to switch between ideas easily. **(flexibility)**
17. Visualizing success before a race is a form of mental practice. **(rehearsal)**

Answer Key (Model 2)

1. Good food and daily exercise help maintain your **physical well-being**.
2. Receiving constructive praise from teachers boosts a child's **self-esteem**.
3. Teachers will **evaluate** the effectiveness of the new curriculum at the end of the term.
4. Seeing only the best parts of someone's life online leads to the **highlight-reel effect**.
5. In the phrase "extremely hot," the word "extremely" acts as an **intensifier**.
6. Academic writers use **hedging words** like "suggests" to avoid overclaiming.
7. Words like "always" and "never" are **absolute words** that leave no room for exceptions.
8. Learning mindfulness techniques helps teenagers **cope with stress** during exams.

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9. Instagram is an **image-based** platform driven by visual content.
10. Teenagers often feel strong peer **pressure** to fit in.
11. He only posted carefully **curated** photos to show a perfect lifestyle.
12. Academic essays should maintain a **neutral** tone without taking emotional sides.
13. Interactive lessons boost student **engagement** in class.
14. Employees need high **adaptability** in a fast-changing workplace.
15. Brain games and puzzles stimulate children's **cognitive** development.
16. Mental **flexibility** allows students to switch between ideas easily.
17. Visualizing success before a race is a form of mental **rehearsal**.

Vocabulary Collocations المتلازمات اللفظية

English Word	Common Collocation	ترجمة المتلازمة(Arabic)
Well-being	Promote / Improve well-being	يعزز / يحسن الرفاهية (أو الصحة النفسية)
Balance	Strike / Maintain a balance	يخلق / يحافظ على التوازن
Responsible habits	Develop / Form responsible habits	يطور / يكوّن عادات مسؤولة
Social connection	Build / Foster social connections	يبني / يعزز الروابط الاجتماعية
Physical well-being	Maintain physical well-being	يحافظ على الصحة البدنية
Coping positively	Focus on coping positively	يركز على التكيف الإيجابي
Self-image	Project a positive self-image	يعكس صورة ذاتية إيجابية
Self-esteem	Boost / Build self-esteem	يعزز / يبني احترام الذات
Unrealistic expectations	Set / Have unrealistic expectations	يضع / لديه توقعات غير واقعية
Bias	Overcome / Show bias	يتغلب على / يُظهر التحيز
Identify	Identify the cause / the problem	يحدد السبب / المشكلة
Evaluate	Evaluate the effectiveness	يُقيّم الفعالية
Analyze	Analyze data / the situation	يحلل البيانات / الموقف
Curated stages	Present on curated stages	يعرض على منصات/مسارح منسقة بعناية
Social comparison	Engage in social comparison	ينخرط في المقارنة الاجتماعية
Highlight-reel effect	Experience the highlight-reel effect	يختبر تأثير اللقطات المثالية
Evaluative adjective	Use an evaluative adjective	يستخدم صفة تقييمية
Rhetorical question	Pose / Ask a rhetorical question	يطرح سؤالاً بلاغياً
Intensifier	Add an intensifier	يضيف مُقوّي/مُعزز للمعنى
Hedging words	Rely on hedging words	يعتمد على لغة التحوط (الحذر)
Absolute words	Avoid absolute words	يتجنب الكلمات القاطعة
Media literacy	Promote / Develop media literacy	يعزز / يطور الوعي الإعلامي
Persuasive	Persuasive language / argument	لغة إقناعية / حجة مُقنعة
Cope with stress	Learn to cope with stress	يتعلم كيفية التعامل مع الضغوط
Image-based	Image-based platform / culture	منصة / ثقافة قائمة على الصور
Pressure	Under pressure / Peer pressure	تحت الضغط / ضغط الأقران
Curated	Carefully curated content	محتوى منسق) أو مُنتقى (بعناية

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Neutral	Neutral tone / stance	نبرة محايدة / موقف محايد
Engagement	Boost / Active engagement	يعزز التفاعل / تفاعل نَشِط
Adaptability	Demonstrate adaptability	يُظهر القدرة على التكيف
Cognitive	Cognitive development / skills	التطور المعرفي / المهارات المعرفية
Flexibility	Show / Cognitive flexibility	يُظهر المرونة / المرونة المعرفية
Rehearsal	Mental rehearsal	تدريب ذهني / بروفة عقلية

Choose the correct answer (a, b, c, or d) to complete each sentence:

1. An academic report should maintain a _____ tone rather than taking an emotional stance.

a) neutral **b) biased**
c) persuasive **d) curated**

2. Instead of giving up when facing difficult exams, students should focus on _____.

a) coping positively **b) social comparison**
c) absolute statements **d) mental rehearsal**

3. At the end of the term, teachers will _____ the effectiveness of the new curriculum.

a) cope **b) intensify** **c) project** **d) evaluate**

4. Words such as 'wonderful' or 'disastrous' are examples of an _____ used to show judgment.

a) hedging word **b) absolute word**
c) evaluative adjective **d) intensifier**

5. He only shared carefully _____ content on his public profile to present a perfect image.

a) absolute **b) persuasive**
c) curated **d) neutral**

6. In the essay, students were asked to _____ the data collected from the scientific survey.

a) foster **b) analyze** **c) boost** **d) balance**

7. Terms like 'always' and 'never' are _____ that leave no room for exceptions.

a) hedging words **b) evaluative adjectives**
c) neutral terms **d) absolute words**

8. When users see only the best and happiest moments of others online, they experience the _____.

a) rhetorical question **b) highlight-reel effect**

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c) neutral tone d) evaluative adjective

9. Before solving a complex problem, you must first _____ its underlying cause.

a) identify b) analyze c) rehearse d) evaluate

10. Engaging in frequent _____ with online influencers can make individuals feel inadequate.

a) social comparison b) media literacy

c) mental rehearsal d) physical well-being

11. Academic writers use _____ such as 'indicates' or 'might' to avoid overclaiming.

a) curated stages b) hedging words

c) absolute words d) intensifiers

12. The politician delivered a highly _____ speech that convinced many voters.

a) passive b) curated

c) neutral d) persuasive

13. A professional academic researcher must avoid personal _____ and remain objective.

a) engagement b) adaptability

c) well-being d) bias

14. Showing high _____ enables employees to thrive in changing work environments.

a) rhetorical question b) self-image

c) adaptability d) highlight-reel effect

15. Instagram is an _____ platform where photos and short videos drive engagement.

a) absolute b) cognitive

c) neutral d) image-based

16. Constant negative social comparison online can severely damage a teenager's _____.

a) intensifier b) media literacy

c) neutral stance d) self-image

17. Many teenagers feel strong peer _____ to follow online trends.

a) literacy b) pressure

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c) adaptability d) engagement

18. Eating healthily and getting enough sleep can greatly improve a person's overall _____.

a) bias b) well-being

c) intensifier d) rehearsal

19. Mental _____ allows students to switch easily between different concepts.

a) bias b) literacy

c) flexibility d) comparison

20. Social media platforms often function as _____, showing only edited moments of people's lives.

a) absolute words b) cognitive skills

c) responsible habits d) curated stages

21. In the sentence 'She was extremely confident,' the word 'extremely' functions as an _____.

a) hedging word b) intensifier

c) evaluative adjective d) absolute word

22. Developing _____ early in life helps students manage their daily responsibilities effectively.

a) unrealistic expectations b) curated stages

c) responsible habits d) absolute words

23. The writer asked a _____ not to get an answer, but to encourage the reader to reflect.

a) cognitive skill b) social comparison

c) rhetorical question d) responsible habit

24. Teaching _____ helps students analyze online content and detect fake news.

a) cognitive flexibility b) media literacy

c) physical well-being d) self-esteem

25. Building strong _____ with peers can reduce feelings of isolation and loneliness.

a) evaluative adjective b) social connection

c) rhetorical question d) hedging words

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26. Puzzles and brain games foster child _____ development and problem-solving abilities.

a) cognitive
b) evaluative
c) image-based
d) persuasive

27. Regular exercise and proper nutrition are essential for maintaining your _____.

a) highlight-reel effect
b) cognitive bias
c) media literacy
d) physical well-being

28. Interactive teaching methods significantly increase classroom _____ and discussion.

a) rehearsal
b) pressure
c) engagement
d) bias

29. Athletes often practice mental _____ to picture success before competing.

a) rehearsal
b) pressure
c) comparison
d) engagement

30. Setting _____ about perfection usually leads to disappointment and unnecessary anxiety.

a) hedging words
b) unrealistic expectations
c) responsible habits
d) neutral tones

31. Mindfulness techniques can teach young adults how to _____ effectively during exam periods.

a) set expectations
b) ask questions
c) show bias
d) cope with stress

32. It is important for students to strike a healthy _____ between studying and relaxing.

a) balance
b) flexibility
c) adaptability
d) pressure

33. Achieving personal goals and receiving genuine praise helps to boost a child's _____.

a) flexibility
b) rehearsal
c) self-esteem
d) bias

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Answer Key

Question 1: a) neutral	**Question 9:** a) identify	**Question 17:** b) pressure	**Question 25:** b) social connection
Question 2: a) coping positively	**Question 10:** a) social comparison	**Question 18:** b) well-being	**Question 26:** a) cognitive
Question 3: d) evaluate	**Question 11:** b) hedging words	**Question 19:** c) flexibility	**Question 27:** d) physical well-being
Question 4: c) evaluative adjective	**Question 12:** d) persuasive	**Question 20:** d) curated stages	**Question 28:** c) engagement
Question 5: c) curated	**Question 13:** d) bias	**Question 21:** b) intensifier	**Question 29:** a) rehearsal
Question 6: b) analyze	**Question 14:** c) adaptability	**Question 22:** c) responsible habits	**Question 30:** b) unrealistic expectations
Question 7: d) absolute words	**Question 15:** d) image-based	**Question 23:** c) rhetorical question	**Question 31:** d) cope with stress
Question 8: b) highlight-reel effect	**Question 16:** d) self-image	**Question 24:** b) media literacy	**Question 32:** a) balance
			Question 33: c) self-esteem

Synonyms and Antonyms List

English Word	Synonyms (المترادفات)	Antonyms (العكس / المتضادات)
Well-being	health, happiness, welfare	illness, misery, distress
Balance	harmony, stability, equilibrium	imbalance, instability, unevenness
Responsible habits	good routines, reliable practices	bad habits, careless behavior
Social connection	relationships, bonding, networking	isolation, loneliness, disconnection
Physical well-being	fitness, physical health, wellness	sickness, poor health, illness
Coping positively	managing well, adapting, overcoming	giving up, struggling, coping negatively
Self-image	self-perception, self-concept	.....
Self-esteem	confidence, self-respect, self-worth	self-doubt, insecurity, self-hate
Unrealistic expectations	false hopes, impractical goals	reasonable goals, realistic expectations
Bias	prejudice, partiality, unfairness	fairness, objectivity, impartiality
Identify	recognize, find, discover	miss, overlook, confuse
Evaluate	assess, judge, rate	ignore, neglect, guess
Analyze	examine, investigate, study	overlook, ignore
Curated stages	edited scenes, planned representations	reality, authentic life, unfiltered reality
Social comparison	measuring against others, peer comparison	self-acceptance, individual focus

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Highlight-reel effect	filtered reality, showing only the best	full picture, unfiltered reality
Evaluative adjective	judgmental word, assessing term	neutral word, objective adjective
Rhetorical question	thought-provoking question	direct question, genuine question
Intensifier	amplifier, booster (e.g., very, highly)	down-toner, mitigator (e.g., slightly)
Hedging words	cautions language, tentative words	absolute words, certain terms
Absolute words	definite terms, extreme words (always, never)	hedging words, qualifiers (sometimes, maybe)
Media literacy	media awareness, digital understanding	media ignorance, gullibility
Persuasive	convincing, influential, compelling	unconvincing, ineffective, weak

Synonyms & Antonyms Practice Test

1. Regular exercise and balanced meals contribute greatly to your overall **well-being**. Which of the following is a synonym for **well-being**?

a) health and happiness b) extreme poverty
c) social isolation d) mental fatigue

2. Students must create a proper **balance** between studying and leisure time. What is the antonym of **balance**?

a) equilibrium b) stability c) imbalance d) harmony

3. Developing **responsible habits** like punctuality helps students succeed in life. Which phrase is a synonym for **responsible habits**?

a) careless behaviour b) reliable practices
c) bad routines d) unpredictable acts

4. Joining extracurricular clubs fosters strong **social connection** among teenagers. What is the antonym of **social connection**?

a) bonding b) networking c) isolation d) relationship

5. Good nutrition and regular sleep are essential for maintaining your **physical well-being**. Which word is an antonym for **physical well-being**?

a) fitness b) wellness c) sickness d) strength

6. Instead of giving up during hard times, focus on **coping positively**. What is the antonym of **coping positively**?

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a) managing well b) giving up c) adapting d) overcoming

7. Negative feedback on social media can harm a person's **self-image**. Which option is a synonym for **self-image**?

a) self-perception b) outer appearance

c) physical height d) social status

8. Achieving personal goals and receiving praise boosts a child's **self-esteem**. What is the antonym of **self-esteem**?

a) confidence b) self-respect c) self-doubt d) dignity

9. Setting **unrealistic expectations** about instant perfection often leads to anxiety. Which of the following is a synonym for **unrealistic expectations**?

a) practical goals b) impractical goals

c) reasonable hopes d) achievable plans

10. Researchers must avoid personal **bias** to keep their findings objective. What is a synonym for **bias**?

a) fairness b) prejudice c) objectivity d) neutrality

11. Doctors need to **identify** the cause of the illness before prescribing medicine. What is a synonym for **identify**?

a) recognize b) overlook c) miss d) ignore

12. Teachers will **evaluate** student performance at the end of the semester. Which word is a synonym for **evaluate**?

a) assess b) ignore c) neglect d) guess

13. Scientists **analyze** the test results carefully to draw accurate conclusions. What is a synonym for **analyze**?

a) examine b) disregard c) hide d) overlook

14. Social media platforms act as **curated stages** where users display only polished moments. What is an antonym for **curated stages**?

a) edited scenes b) unfiltered reality

c) planned displays d) selected images

15. Engaging in constant **social comparison** online can reduce a person's happiness. What is an antonym for **social comparison**?

a) peer comparison b) self-acceptance

c) external evaluation d) peer judgment

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16. The **highlight-reel effect** makes other people's lives look much better than they actually are. The antonym of the **highlight-reel effect** is showing the _____.

a) best moments b) full, unfiltered picture
c) edited clips d) filtered photos

17. Using an **evaluative adjective** like "terrible" reveals the writer's personal opinion. What is the antonym of an **evaluative adjective**?

a) judgmental word b) assessing term
c) neutral word d) opinionated word

18. The speaker asked a **rhetorical question** to make the audience think without expecting an answer. What is a synonym for a **rhetorical question**?

a) thought-provoking question b) direct inquiry
c) factual question d) written exam

19. In the phrase "very strong," the word "very" functions as an **intensifier**. What is a synonym for an **intensifier**?

a) amplifier b) mitigator c) down-toner d) reducer

20. Academic papers often use **hedging words** like "might" or "appears" to remain cautious. What is a synonym for **hedging words**?

a) tentative words b) absolute terms
c) definite words d) certain facts

21. Words like "always" and "never" are **absolute words** that allow no exceptions. What is the antonym of **absolute words**?

a) definite terms b) hedging words
c) extreme words d) strict rules

22. Teaching **media literacy** helps teenagers spot fake news on the internet. What is the antonym of **media literacy**?

a) media awareness b) digital understanding
c) media ignorance d) critical analysis

23. She delivered a **persuasive** speech that convinced everyone in the room. What is the antonym of **persuasive**?

a) convincing b) unconvincing
c) compelling d) influential

Answer

1) **a)** health and happiness	9) **b)** prejudice	17. **b)** impractical goals
2) **c)** imbalance	10) **a)** recognize	18. **a)** thought-provoking question

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3) **b)** reliable practices	11) **a)** assess	19. **a)** amplifier
4) **c)** isolation	12) **a)** examine	20. **a)** tentative words
5) **c)** sickness	13) **b)** unfiltered reality	21. **b)** hedging words
6) **b)** giving up	14) **b)** self-acceptance	22. **c)** media ignorance
7) **a)** self-perception	15) **b)** full, unfiltered picture	23. **b)** unconvincing
8) **c)** self-doubt	16) **c)** neutral word	

Skills
الجزء الخاص بالمهارات في الوحدة

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Passage 1 — The Highlight Reel

The Highlight-Reel Effect & Curated Content

Reading Passage (Paragraphs are numbered 1–4 from top to bottom)

[1] Every evening, thousands of photos appear online showing sunsets, celebrations, and smiling faces. What rarely appears is the traffic jam before the sunset, the argument before the celebration, or the tired evening before the smile.

[2] Researchers call this pattern the highlight-reel effect: the tendency to post only the best, most curated moments of a day while leaving the ordinary — or difficult — moments unseen. Over time, a viewer's feed becomes a collection of everyone else's best five minutes.

[3] The danger is not the photos themselves but the comparison they invite. A student scrolling through a curated feed late at night is not comparing her whole day to her friend's whole day; she is comparing her whole day to her friend's single best moment.

[4] Media literacy teachers increasingly argue that recognizing the highlight-reel effect is not about rejecting social media altogether. It is about remembering, each time a "perfect" photo appears, that a full, ordinary life almost certainly exists just outside the frame.

A. Choose the correct answer from a, b, c, or d.

1) According to paragraph 1, what rarely appears online?

a) Sunsets and celebrations
b) The ordinary or difficult moments behind a photo
c) Smiling faces
d) Friends' comments

Answer: *b) The ordinary or difficult moments behind a photo*

2) Paragraph 3 shows that unfair comparison sometimes ____.

a) compares a whole day to another whole day
b) compares a whole day to someone else's single best moment
c) never happens online
d) only affects adults

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Answer: *b) compares a whole day to someone else's single best moment*

3) The phrase "outside the frame" in paragraph 4 suggests that a photo ____.

a) shows a person's entire life

b) only shows a small, chosen part of a person's life

c) is always dishonest

d) cannot be curated

Answer: *b) only shows a small, chosen part of a person's life*

4) Choose an appropriate heading for paragraph 2.

a) Defining the Highlight-Reel Effect

b) The History of Photography

c) Why Sunsets Are Popular

d) A New Phone Camera

Answer: *a) Defining the Highlight-Reel Effect*

5) What is the main purpose of paragraph 4?

a) To tell people to stop using social media completely

b) To suggest a more balanced way of viewing curated content

c) To criticize media literacy teachers

d) To describe a technical problem

Answer: *b) To suggest a more balanced way of viewing curated content*

B. Find evidence from the text.

Find a sentence from paragraph 2 that defines the highlight-reel effect.

Answer: *"Researchers call this pattern the highlight-reel effect: the tendency to post only the best, most curated moments of a day while leaving the ordinary — or difficult — moments unseen."*

C. Answer the following questions.

1. To what extent do you think the highlight-reel effect changes how teenagers view their own lives? Justify your position with reasons and evidence from the text.
2. Explain how paragraph 3 develops the idea introduced in paragraph 2. Use evidence from the text to support your answer.

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3. What can you infer about someone who scrolls through curated feeds late at night? Justify your answer to support your analysis.

D. Read the information, then decide whether the statement is true (T) or false (F). Justify your answer.

According to the passage, recognizing the highlight-reel effect means teenagers should stop using social media completely.

True ☐ False ☐

Answer: *False. Justification: Paragraph 4 states it "is not about rejecting social media altogether" but about remembering that a full, ordinary life exists outside the frame.*

E. Complete the sentences using the correct form of the word in brackets.

1. Many online photos are carefully ____ before they are posted. (curate)

Answer: *curated*

2. Constant ____ with others' best moments can affect self-esteem. (compare)

Answer: *comparison*

3. Teachers encourage students to think ____ about what they see online. (critic)

Answer: *critically*

F. Find the word or phrase in the text that could meaningfully replace the words/definitions below.

1. the tendency to post only the best, chosen moments of life

Answer: *highlight-reel effect*

2. carefully selected and arranged

Answer: *curated*

3. judging one thing against another

Answer: *comparison*

4. the skill of critically understanding and evaluating media

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Answer: *media literacy*

5. normal, not special or unusual

Answer: *ordinary*

Part 1: Multiple Choice Questions (MCQs)

1. What is the closest synonym for "curated"?

a) random b) carefully selected c) deleted d) forgotten

Answer: *b) carefully selected*

2. What is the antonym of "ordinary"?

a) usual b) normal c) extraordinary d) daily

Answer: *c) extraordinary*

3. Which sentence best summarizes the text?

a) Social media always shows an honest, complete picture of life.

b) Social media often shows only curated best moments, which can create unfair comparisons.

c) Photos online are never curated.

d) Media literacy teachers want to ban social media.

Answer: *b) Social media often shows only curated best moments, which can create unfair comparisons.*

Part 2: Open-Ended Assessment Questions (HOTS) — Comprehension & Analysis

1. Identify the main idea of the passage.

Model answer: *Social media often shows only curated, best moments of life, and recognizing this can help viewers make fairer comparisons.*

2. Identify the author's purpose for writing the passage and the tone.

Model answer: *Purpose: to explain the highlight-reel effect and encourage balanced thinking about social media. Tone: explanatory and reassuring.*

3. What does the passage suggest?

Model answer: *It suggests that awareness of curation, not avoidance of social media, is the healthier response.*

4. What is most likely the passage a part of?

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Model answer: *A media literacy lesson or a student wellness article about social media habits.*

5. What event is most likely to occur next?

Model answer: *Readers might start questioning curated photos more critically before comparing themselves to others.*

6. What evidence from the text supports your prediction?

Model answer: *The final paragraph directly encourages readers to "remember" the reality behind curated photos each time they see one.*

7. What type of professional is mentioned in paragraph 4? How do you know this?

Model answer: *Media literacy teachers; the text explicitly names this role and describes their view on the highlight-reel effect.*

8. Describe the "typical" social media feed described in the passage. What in the text supports your description?

Model answer: *It is a collection of curated best moments; the text calls it "a collection of everyone else's best five minutes."*

9. What relationship do a viewer and a curated photo have, according to the passage? Why do you feel this way?

Model answer: *An unequal, often misleading relationship — the viewer compares their full reality to someone else's single best moment, which the text frames as unfair.*

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Passage 2 — The Comparison Trap

Social Comparison & Self-Esteem

Reading Passage (Paragraphs are numbered 1–4 from top to bottom)

[1] Lina never thought of herself as a particularly anxious person until she noticed a pattern: every time she closed a social media app, she felt slightly worse about her own life than she had ten minutes earlier.

[2] Psychologists have a name for what Lina was experiencing: social comparison, the habit of evaluating ourselves by measuring our lives against other people's. It is not a new idea — humans have always compared themselves to neighbors and classmates — but social media has multiplied the number of comparisons possible in a single hour.

[3] What makes this particularly hard on self-esteem is the type of comparison involved. Lina was not comparing herself to people she knew were struggling; she was comparing herself almost exclusively to people whose lives, at least online, appeared to be going extremely well.

[4] When Lina's counselor suggested she track how she felt before and after using social media for a week, the pattern became impossible to ignore. Naming the habit, it turned out, was the first step toward changing her relationship with it.

A. Choose the correct answer from a, b, c, or d.

1. According to paragraph 1, what pattern did Lina notice?

a) She felt better after using social media
b) She felt worse about her own life after closing the app
c) She stopped using social media completely
d) She felt nothing at all

Answer: *b) She felt worse about her own life after closing the app*

2. Paragraph 3 shows that Lina's comparisons sometimes ____.

a) involved people she knew were struggling
b) involved mostly people whose lives appeared to be going well
c) had no effect on her self-esteem
d) were completely random

Answer: *b) involved mostly people whose lives appeared to be going well*

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3. The phrase "multiplied the number of comparisons possible" in paragraph 2 suggests that social media ____.

a) reduces how often people compare themselves to others

b) increases the frequency of social comparison

c) has nothing to do with comparison

d) only affects older people

Answer: *b) increases the frequency of social comparison*

4. Choose an appropriate heading for paragraph 4.

a) Naming the Habit as a First Step

b) The History of Social Media Apps

c) Lina's Favorite Photos

d) A New Study on Sleep

Answer: *a) Naming the Habit as a First Step*

5. What is the main purpose of paragraph 2?

a) To define social comparison and explain its connection to social media

b) To criticize Lina personally

c) To describe a technical app feature

d) To introduce a new character

Answer: *a) To define social comparison and explain its connection to social media*

B. Find evidence from the text.

Find a sentence from paragraph 3 that shows the specific type of comparison affecting Lina's self-esteem.

Answer: *"Lina was not comparing herself to people she knew were struggling; she was comparing herself almost exclusively to people whose lives, at least online, appeared to be going extremely well."*

C. Answer the following questions.

1. To what extent do you think tracking a habit, as Lina did, can help someone understand its effect on them? Justify your position with reasons and evidence from the text.

2. Explain how social comparison, as described in paragraph 2, connects to Lina's experience in paragraph 1. Use evidence from the text to support your answer.

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3. What can you infer about people who mainly compare themselves to others' online success rather than their struggles? Justify your answer to support your analysis.

D. Read the information, then decide whether the statement is true (T) or false (F). Justify your answer.

According to the passage, social comparison is a completely new behavior that only exists because of social media.

True ☐ False ☐

Answer: *False. Justification: Paragraph 2 states "it is not a new idea — humans have always compared themselves to neighbors and classmates," though social media increases its frequency.*

E. Complete the sentences using the correct form of the word in brackets.

1. Lina's ____ dropped slightly every time she closed the app. (esteem)

Answer: *self-esteem*

2. Her counselor suggested a simple, ____ way to notice the pattern. (practice)

Answer: *practical*

3. Naming a habit is often the first step toward ____ it. (change)

Answer: *changing*

F. Find the word or phrase in the text that could meaningfully replace the words/definitions below.

1. evaluating yourself by measuring your life against others'

Answer: *social comparison*

2. a person's overall sense of their own worth

Answer: *self-esteem*

3. to increase greatly in number

Answer: *multiplied*

4. almost entirely, with few exceptions

Answer: *almost exclusively*

5. to follow and record something over time

Answer: *track*

Part 1: Multiple Choice Questions (MCQs)

1. What is the closest synonym for "multiplied" as used in the text?

a) reduced b) greatly increased c) removed d) hidden

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Answer: *b) greatly increased*

2. What is the antonym of "struggling"?

a) succeeding b) suffering c) failing d) worrying

Answer: *a) succeeding*

3. Which sentence best summarizes the text?

a) Social comparison is a brand-new problem caused entirely by phones.

b) Frequent comparison with others' online success can quietly lower self-esteem, but noticing the pattern can help.

c) Lina stopped feeling anxious after one day.

d) Comparing yourself to others is always harmless.

Answer: *b) Frequent comparison with others' online success can quietly lower self-esteem, but noticing the pattern can help.*

Part 2: Open-Ended Assessment Questions (HOTS) — Comprehension & Analysis

1. Identify the main idea of the passage.

Model answer: *Frequent social comparison on social media, especially with people's curated successes, can quietly lower self-esteem — but becoming aware of the pattern can help.*

2. Identify the author's purpose for writing the passage and the tone.

Model answer: *Purpose: to illustrate social comparison through a relatable personal story. Tone: reflective and understanding.*

3. What does the passage suggest?

Model answer: *It suggests that self-awareness (tracking one's own feelings) can reveal patterns that are otherwise easy to miss.*

4. What is most likely the passage a part of?

Model answer: *A psychology or student wellness article about social media and self-esteem.*

5. What event is most likely to occur next?

Model answer: *Lina may adjust her social media habits or seek further support from her counselor.*

6. What evidence from the text supports your prediction?

Model answer: *Naming the habit was described as "the first step toward changing her relationship with it," implying further change is likely.*

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7. What type of job does the person Lina spoke to do? How do you know this?

Model answer: *A counselor; the text explicitly names this role and shows them suggesting a practical strategy.*

8. Describe Lina. What in the text supports your description?

Model answer: *She is self-aware and willing to reflect; she notices her own pattern and follows her counselor's suggestion to track it.*

9. What relationship do Lina and her counselor have? Why do you feel this way?

Model answer: *A supportive, trust-based relationship — Lina takes the counselor's practical suggestion seriously and it helps her understand herself better.*

Passage 3 — Reading Between the Filters

Filters, Authenticity & Self-Image

Reading Passage (Paragraphs are numbered 1–4 from top to bottom)

[1] Before Salma posts a photo, she often spends several minutes adjusting brightness, smoothing her skin, and testing filters until the image looks, in her words, "acceptable." She rarely stops to consider how ordinary this routine has become.

[2] Digital filters were once a playful feature; today, for many teenagers, they function closer to a quiet requirement. A photo that has not been adjusted in some way can feel, to a generation raised on filtered images, strangely unfinished or overly honest.

[3] This shift matters because a person's self-image — the mental picture they hold of their own appearance and worth — is increasingly shaped by a filtered reflection rather than an authentic one. Some researchers worry that repeated exposure to one's own filtered image can make the unfiltered version feel disappointing by comparison.

[4] Salma's art teacher offered a different perspective during a recent lesson: authenticity, she argued, is not the absence of editing but the honesty of intention. A filter used for creative expression differs from a filter used to hide from an honest reflection — and knowing the difference, she said, is where self-image begins to heal.

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A. Choose the correct answer from a, b, c, or d.

1. According to paragraph 1, what does Salma often do before posting a photo?

a) Post it immediately

b) Adjust brightness, smooth her skin, and test filters

c) Ask her friends for permission

d) Delete it

Answer: *b) Adjust brightness, smooth her skin, and test filters*

2. Paragraph 3 shows that repeated exposure to filtered images sometimes _____.

a) improves a person's self-image immediately

b) makes the unfiltered version feel disappointing by comparison

c) has no effect on self-image

d) only affects adults

Answer: *b) makes the unfiltered version feel disappointing by comparison*

3. The phrase "strangely unfinished" in paragraph 2 suggests that an unfiltered photo can feel _____.

a) completely normal to everyone

b) incomplete to those used to filtered images

c) more honest than filtered photos to everyone

d) irrelevant to self-image

Answer: *b) incomplete to those used to filtered images*

4. Choose an appropriate heading for paragraph 4.

a) The History of Photo Filters

b) Authenticity as Honest Intention

c) Salma's Favorite Filter

d) A New Art Assignment

Answer: *b) Authenticity as Honest Intention*

5. What is the main purpose of paragraph 3?

a) To explain why the shift toward filtered images matters for self-image

b) To criticize Salma's art teacher

c) To describe a technical camera feature

d) To introduce an unrelated topic

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Answer: *a) To explain why the shift toward filtered images matters for self-image*

B. Find evidence from the text.

Find a sentence from paragraph 4 that shows the art teacher's definition of authenticity.

Answer: *"authenticity, she argued, is not the absence of editing but the honesty of intention."*

C. Answer the following questions.

1. To what extent do you think filters affect how teenagers see their own unfiltered appearance? Justify your position with reasons and evidence from the text.
2. Explain how the art teacher's view in paragraph 4 might change the way Salma uses filters in the future. Use evidence from the text to support your answer.
3. What can you infer about a generation that finds unfiltered photos "strangely unfinished"? Justify your answer to support your analysis.

D. Read the information, then decide whether the statement is true (T) or false (F). Justify your answer.

According to Salma's art teacher, using a filter is always dishonest.

True ☐ False ☐

Answer: *False. Justification: The teacher distinguishes between a filter "used for creative expression" and one "used to hide from an honest reflection," showing that not all filter use is dishonest.*

E. Complete the sentences using the correct form of the word in brackets.

1. Salma spends several minutes ____ her photos before posting them. (adjust)

Answer: *adjusting*

2. A filtered image can create an ____ picture of a person's real appearance. (accurate (negate))

Answer: *inaccurate*

3. The teacher encouraged students to think about the ____ behind their editing choices. (intend)

Answer: *intention*

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F. Find the word or phrase in the text that could meaningfully replace the words/definitions below.

1. the mental picture a person holds of their own appearance and worth

Answer: *self-image*

2. real, genuine, true to intention

Answer: *authentic*

3. digital tools that change how a photo looks

Answer: *filters*

4. not adjusted or changed digitally

Answer: *unfiltered*

5. the purpose or reason behind an action

Answer: *intention*

Part 1: Multiple Choice Questions (MCQs)

1. What is the closest synonym for "authentic"?

a) fake b) genuine c) edited d) hidden

Answer: *b) genuine*

2. What is the antonym of "unfiltered"?

a) natural b) raw c) filtered d) honest

Answer: *c) filtered*

3. Which sentence best summarizes the text?

a) Filters are always harmful and should never be used. b) Regularly seeing a filtered version of oneself can distort self-image, but the intention behind editing matters most. c) Salma stopped using social media entirely. d) Art teachers disapprove of all photo editing.

Answer: *b) Regularly seeing a filtered version of oneself can distort self-image, but the intention behind editing matters most.*

Part 2: Open-Ended Assessment Questions (HOTS) — Comprehension & Analysis

1. Identify the main idea of the passage.

Model answer: *Repeated exposure to filtered self-images can distort self-image, but the key distinction is the honesty of intention behind editing, not editing itself.*

2. Identify the author's purpose for writing the passage and the tone.

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Model answer: *Purpose: to explore how filters affect self-image and offer a thoughtful perspective on authenticity. Tone: reflective and nuanced.*

3. What does the passage suggest?

Model answer: *It suggests that the relationship between filters and self-image is complex, not simply good or bad.*

4. What is most likely the passage a part of?

Model answer: *A media literacy or art class article about digital self-image and creative expression.*

5. What event is most likely to occur next?

Model answer: *Salma may begin to think more carefully about her intentions when using filters.*

6. What evidence from the text supports your prediction?

Model answer: *Her teacher's lesson directly addresses Salma's habit and offers a new way of thinking, which the passage frames as where "self-image begins to heal."*

7. What type of job does the person who spoke to Salma do? How do you know this?

Model answer: *An art teacher; the text explicitly names this role and shows her offering a perspective during a class lesson.*

8. Describe Salma. What in the text supports your description?

Model answer: *She is self-conscious about her appearance online; she spends significant time adjusting photos until they feel "acceptable."*

9. What relationship do Salma and her art teacher have? Why do you feel this way?

Model answer: *A student-teacher relationship built on guidance — the teacher offers a thoughtful perspective that directly speaks to Salma's habit.*

Passage 4: The Illusion of Perfection

Maya, a high school student, often felt overwhelmed by the fast-changing world of social media. Every day, she scrolled through highly curated stages where individuals posted constructed versions of their lives. This 'highlight-reel effect' made Maya feel inadequate, as she constantly engaged in social comparison. She believed that everyone else had a perfect, stress-free lifestyle. Her older sister, Elena, who worked as a media psychologist, noticed Maya's anxiety. Elena explained that viewers instinctively treat these selective posts as an accurate

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picture of reality, which can negatively affect a teenager's self-esteem. She advised Maya to practice responsible habits, develop media literacy, and recognize evaluative adjectives that exaggerate reality.

Part 1: Multiple Choice Questions (MCQs)

1. What is the closest synonym for the word "curated" as used in the text?

A) unorganized B) carefully selected

C) scattered D) random

2. What is the antonym of "inadequate"?

A) sufficient B) miserable

C) useless D) panicked

3. Which sentence best summarizes the text?

A) Teenagers should never use the internet.

B) Elena is a famous social media influencer.

C) Social media presents unrealistic images that require media literacy to navigate healthily.

D) Social comparison always leads to physical illness.

Answers Part 1: *1. B, 2. A, 3. C*

Part 2: Open-Ended Assessment Questions (HOTS) & Comprehension

1. In the text, the phrase "highly curated stages" is used. What is the closest synonym or antonym for "curated" in this context?

Answer: Synonym: meticulously organized / Edited. Antonym: unedited / random.

2. Identify the main idea of the passage:

Answer: The negative impact of the highlight-reel effect on teenagers' self-esteem and the importance of media literacy.

3. Identify the author's purpose for writing the passage and the tone?

Answer: Purpose: To inform and warn about the illusions of social media. Tone: Cautionary and educational.

4. What does the passage suggest?

Answer: The passage suggests that teenagers often mistake carefully selected online posts for everyday reality.

5. What is most likely the passage a part of?

Answer: A textbook on cyberpsychology or a media literacy guide for students.

6. What event is most likely to occur next?

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Answer: Maya will likely reduce her screen time or start evaluating posts more critically.

7. What evidence from the text supports your prediction?

Answer: Elena advised Maya to practice responsible habits and develop media literacy.

8. What type of job does Elena do? How do you know this?

Answer: Elena is a media psychologist. The text explicitly states, 'Elena, who worked as a media psychologist'.

9. Describe Maya. What in the text supports your description?

Answer: Maya is an anxious teenager easily influenced by social media. The text states she 'felt overwhelmed' and 'constantly engaged in social comparison.'

10. What relationship do Maya and Elena have? Why do you feel this way?

Answer: They are sisters. The text explicitly says, 'Her older sister, Elena...'

Passage 5: Analyzing the Message

Mr. Thomas stood before his class, holding an article filled with absolute words and intensifiers. 'Notice how the author claims that social media completely destroys all teenagers' confidence,' he pointed out. His student, Leo, frowned thoughtfully. 'Isn't that biased language?' Leo asked. 'Exactly,' Mr. Thomas smiled. 'It's an evaluative statement that lacks neutrality. We must use hedging words, like some research implies that certain content might affect teens. This transforms a completely dangerous assertion into a balanced, objective one.' Mr. Thomas spent the rest of the lesson helping the students rewrite rhetorical questions into neutral statements to improve their critical thinking and media analysis skills.

Part 1: Multiple Choice Questions (MCQs)

1. What is the closest synonym for the word "absolute" as used in the text?

A) uncertain B) total C) partial D) hesitant

2. What is the antonym of "biased"?

A) prejudiced B) unfair C) neutral D) intense

3. Which sentence best summarizes the text?

A) Using absolute words is the best way to write.

B) Mr. Thomas dislikes Leo's questions.

C) Identifying biased language and using hedging words creates more balanced and objective communication.

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D) Teenagers have no confidence left.

Answers Part 1: *1. B, 2. C, 3. C*

Part 2: Open-Ended Assessment Questions (HOTS) & Comprehension

1. In the text, the phrase "completely destroys all teenagers' confidence" is used. What is the closest synonym or antonym for "completely" in this context?

Answer: Synonym: totally / entirely. Antonym: partially / slightly.

2. Identify the main idea of the passage:

Answer: The importance of identifying biased language and replacing it with neutral, hedging terms.

3. Identify the author's purpose for writing the passage and the tone?

Answer: Purpose: To educate readers on media analysis techniques. Tone: Informative and academic.

4. What does the passage suggest?

Answer: It suggests that much of what is written in the media uses persuasive, biased language rather than facts.

5. What is most likely the passage a part of?

Answer: A language arts or media studies workbook.

6. What event is most likely to occur next?

Answer: The students will practice rewriting biased sentences into neutral ones.

7. What evidence from the text supports your prediction?

Answer: The text says Mr. Thomas spent the rest of the lesson 'helping the students rewrite rhetorical questions into neutral statements'.

8. What type of job does Mr. Thomas do? How do you know this?

Answer: He is a teacher. The text mentions he 'stood before his class' and helped 'his student, Leo'.

9. Describe Leo. What in the text supports your description?

Answer: Leo is an attentive and analytical student. He listened to the teacher and correctly identified the 'biased language' on his own.

10. What relationship do Mr. Thomas and Leo have? Why do you feel this way?

Answer: They have a teacher-student relationship. The text refers to 'His student, Leo' and Mr. Thomas teaching the class.

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Passage 6: The 5 AM Challenge

Jack woke up anxiously, staring at his phone. A famous fitness influencer, Coach Mike, had just posted: 'I woke up at 5 am, went on a 10-km run, and had a perfectly balanced diet. There are NO excuses! Health is a choice, always.' This absolute language made Jack feel miserable about himself. The post was a classic example of social media creating unrealistic expectations. Coach Mike, a professional athlete, had a whole healthcare team supporting his lifestyle, a fact completely hidden from his followers. Jack's mother, Sarah, saw him glaring at the screen. She gently reminded him that maintaining physical well-being is a personal journey, not a rigid competition.

Part 1: Multiple Choice Questions (MCQs)

1. What is the closest synonym for the word "miserable" as used in the text?

A) joyful B) unhappy C) exhausted D) energetic

2. What is the antonym of "unrealistic"?

A) fake B) practical C) impossible D) biased

3. Which sentence best summarizes the text?

A) Waking up at 5 am is the only way to be healthy.

B) Jack is a professional athlete.

C) Influencers often post unrealistic standards that can negatively impact a teenager's mental state.

D) Coach Mike is Jack's personal trainer.

Answers Part 1: *1. B, 2. B, 3. C*

Part 2: Open-Ended Assessment Questions (HOTS) & Comprehension

1. In the text, the phrase "There are NO excuses!" is used. What is the closest synonym or antonym for "excuses" in this context?

Answer: Synonym: justifications / pretexts. Antonym: responsibilities / truths.

2. Identify the main idea of the passage:

Answer: Social media posts often use absolute language to create unrealistic lifestyle standards, causing anxiety.

3. Identify the author's purpose for writing the passage and the tone?

Answer: Purpose: To show the deceptive nature of influencer lifestyles. Tone: Critical and empathetic.

4. What does the passage suggest?

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Answer: The passage suggests that people should not compare their everyday lives to the highly supported lives of influencers.

5. What is most likely the passage a part of?

Answer: An article on adolescent mental health and digital well-being.

6. What event is most likely to occur next?

Answer: Jack will likely stop comparing himself to Coach Mike and find a fitness routine that works for him.

7. What evidence from the text supports your prediction?

Answer: His mother reminded him that health is a 'personal journey, not a rigid competition', comforting him.

8. What type of job does Coach Mike do? How do you know this?

Answer: He is a professional athlete and fitness influencer. The text states, 'A famous fitness influencer, Coach Mike' and 'Coach Mike, a professional athlete'.

9. Describe Jack. What in the text supports your description?

Answer: Jack is a teenager who is easily discouraged by social comparison. The text says he 'woke up anxiously' and felt 'miserable' reading the post.

10. What relationship do Jack and Sarah have? Why do you feel this way?

Answer: They are son and mother. The text explicitly mentions 'Jack's mother, Sarah'.

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مفتاح المستقبل

Topic 1:

Living Well in a Complex World

Vocabulary المفردات

balanced		متوازن
well-being		الرفاهية
physical health		الصحة الجسدية
exercise		يمارس التمارين
eat properly		يتناول الطعام بشكل صحيح
social connections		علاقات اجتماعية
friends and family		الأصدقاء والعائلة
cope with stress		يتعامل مع التوتر
positive		إيجابي
responsible		مسؤول
daily habits		عادات يومية
well		بشكل جيد
elements		عناصر
healthy lifestyle		أسلوب حياة صحي

Questions for Technology

1. **Question 1.** What does it mean to live well?
2. **Question 2.** Why is physical health important?
3. **Question 3.** How do social connections help us?
4. **Question 4.** What helps us keep our minds and bodies healthy?

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Vocabulary المفردات

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positive	إيجابي
responsible	مسؤول
daily habits	عادات يومية
well	بشكل جيد
elements	عناصر
healthy lifestyle	أسلوب حياة صحي

Questions for Technology

1. Question 1.
What does it mean to live well?
2. Question 2.
Why is physical health important?
3. Question 3.
How do social connections help us?
4. Question 4.
What helps us keep our minds and bodies healthy?

Topic 1:

Living Well in a Complex World

Living a balanced life is very important for our well-being.

To live well, we must take care of our physical health by exercising and eating properly.

However, physical health is not enough.

We also need to build strong social connections with friends and family.

Furthermore, learning how to cope positively with stress and developing responsible daily habits play a major role in keeping our minds and bodies healthy.

When all these elements are balanced, we can enjoy a happy and healthy lifestyle.

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مفتاح المستقبل

Topic 2:

Social Media and Teenagers' Self-Image

Vocabulary المفردات

impact		تأثير
teenagers		مراهقون
spend hours		يقضي ساعات
photos and videos		صور وفيديوهات
highlight-reel effect		تأثير سجل أهم اللحظات
share		يشارك
edit		يعدل
flaws		عيوب
compare		يقارن
real lives		حياة حقيقية
fake images		صور مزيفة
self-esteem		تقدير الذات
anxiety		القلق
important		مهم
remember		يتذكر
not always real		ليس دائماً حقيقياً

Questions for Technology

1. **Question 1.** What is the 'highlight-reel effect'?
2. **Question 2.** Why do teenagers compare their real lives to fake images?
3. **Question 3.** What negative effects can social media have on self-esteem?
4. **Question 4.** Why is it important to remember that online content is not always real?

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مفتاح المستقبل

Topic 3:
The Importance of Media Literacy

Vocabulary المفردات

media literacy	الثَّقافَة الإعلامية
essential	أساسي
skill	مهارة
ability	قدرة
critically	بنظرة نقدية
content	محتوى
consume	يستهلك
bias	تحيز
absolute words	كلمات مطلقة
unrealistic	غير واقعي
expectations	توقعات
believe	يصدق
identify	يتعرف / يحدد
true purpose	الهدف الحقيقي
protect	يحمي
mental health	الصحة النفسية
safely	بأمان
positively	بشكل إيجابي

Questions for Technology

1. **Question 1.**
What is media literacy?
2. **Question 2.**
Why is media literacy an essential skill in the modern world?
3. **Question 3.**
What should we look out for when reading social media posts?
4. **Question 4.**
How does media literacy help teenagers protect their mental health?

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Topic 2: Social Media and Teenagers' Self-Image

In today's digital age, social media has a huge impact on teenagers. Many teenagers spend hours looking at photos and videos online. Unfortunately, this often leads to the 'highlight-reel effect', where people only share their best moments and edit their flaws. As a result, teenagers start comparing their real lives to these fake images, which can lower their self-esteem and cause anxiety. It is important for young people to remember that what they see online is not always real life.

Topic 3: The Importance of Media Literacy

Media literacy is an essential skill in the modern world. It means having the ability to think critically about the content we consume online. When reading social media posts, we should look out for bias, absolute words, and unrealistic expectations. Instead of believing everything we see, media literacy teaches us to ask questions and identify the true purpose behind a message. By developing this skill, teenagers can protect their mental health and use the internet more safely and positively.

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امسح الباركود بالموبيل لتثبيت التطبيق وتحميل كل الملازم مجانا وبسرعه

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